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The Tribune Institute

HOUSEKEEPING AS A PROFESSION

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Foods

Melons and Cold Meats With a Salad or Two for the August Table

Can You Catch and Keep a Melon
and Serve It at Its Best
Three Times a Day

By VIRGINIA CARTER LEE

MANY housewives fear to buy melons because they have so often been disappointed and found, instead of the luscious, juicy fruit they expected, one of a pumpkin-like taste and consistency.

Marketing and Storage

Now there is no royal road in selecting a good cantaloupe, casaba or honeydew melon, but there are a few helpful suggestions that are really practical. Always select a melon heavy for its size, and if the stem-end is pliable enough to be gently pushed in with the thumb you will probably find it ripened to just the right degree of perfection. A rough-coated melon is also to be preferred, and if it has a spicy fragrance even through the rind you will be pretty safe in buying it.

Melons are not an inexpensive fruit, even when in season, but as the rind, like that of watermelon, may be made into delicious, spiced sweet pickle, it really gives two dishes for the original price. With sugar selling as low as 6 cents a pound when bought in 50-pound lots, the preserve closet should be lavishly filled this year.

When selecting a watermelon it depends upon the market man whether he will "plug" it for you or not. This, of course, makes a certainty of the goodness of the melon; but if this is not possible select one with a rich, dark rind, fully ripened and without blisters on the skin.

Melons of whatever variety should be chilled for at least twenty-four hours on the ice and, when the home ice-chest is of small capacity, the grocer will generally keep it for you in cold storage until you want it.

If on cutting a melon it does not come quite up to your expectations, do not be discouraged, but serve in any of the attractive cocktails, salads, compotes, etc. A little doctoring up will accomplish wonders, and sugar, spices, orange, lemon and grape juice, allowed to stand on the melon for several hours

in the ice chest, will give a delicious dish from a most unpromising melon.

Concomitants

When planning a week's menus with summer meats, veal, lamb and chicken should have first choice. The best cuts of these so-called white meats are rather high in price, but with a little planning small quantities can be purchased, as well as kidneys, liver and tongues, which will give a number of tempting dishes at comparatively small expense.

In preparing the creamed sweetbreads with mushrooms one pair of the sweetbreads will be sufficient, combined with a good white sauce and a quarter of a pound of mushrooms. Purchase for Tuesday's dinner a four and a half pound fowl; this can be made into a fricassée with dumplings, and there should be sufficient left over for the curry with rice on Thursday. It is generally a good plan to serve a distinctively different dish, like fish, for the dinner intervening before a left-over.

To give a very good and different flavor to the roast forequarter of lamb, have the butcher remove the bone and rub over the pocket thus made with a cut clove of garlic. Then fill with a savory bread stuffing and tie securely in shape. Roast crisp and brown and add a tablespoonful of Worcestershire sauce and a teaspoonful of kitchen bouquet to the liquor in the pan while basting.

In preparing the chilled cantaloupe with grape juice for Wednesday's breakfast, cut the pulp from the melon with a vegetable scoop, arrange in sherbet glasses and pour over iced grape juice to which has been added a little powdered sugar and grated nutmeg.

What It Costs

Supplies for the week will include at the butcher's one veal kidney for 12 cents, one pair of sweetbreads

for 75 cents, two lamb's tongues at 15 cents each, one four and a half pound fowl at 45 cents a pound, half a pound of calf's liver at 60 cents a pound, two ounces of smoked beef at four cents an ounce, half a pound of stewing lamb at 28 cents a pound, one pound and a half of veal cutlet at 50 cents a pound, four pounds of forequarter of lamb at 32 cents a pound and a quarter of a pound of bacon at 44 cents a pound.

At the fish market two pounds of bluefish at 30 cents a pound and a two-pound sea bass at 32 cents a pound.

Purchase for the dairy supplies two and a half pounds of butter at 45 cents a pound, half a pound of oleo at 38 cents a pound, six quarts of grade B milk at 15 cents a quart, four half pints of cream at 26 cents a bottle and one dozen and a half of eggs at 44 cents a dozen.

Marketing prices for four persons should run at the following approximate figures, though costs will vary

with quality and the service given:

Butcher's bill.....	\$5.86
Fish bill.....	1.24
Dairy products.....	3.92
Fruits.....	5.00
Vegetables.....	4.02
Groceries.....	6.96
Total.....	\$27.00

THE following recipes include new friends and old, the hybrid "banana cantaloupe" being especially worthy of note as a novelty that is worthy of better acquaintance.

Tomatoes With Kidney

Serve one tomato as an individual portion, having it of good size; and for three tomatoes, allow one veal kidney. Sauté the kidney that has been cut in slices in hot bacon fat and cut in fine dice. Cut a piece from the top of each tomato, scoop out the interior and chop finely. Add to the kidney two tablespoonfuls of crushed dried bread crumbs, salt and

paprika to taste, one teaspoonful of minced parsley, half a teaspoonful of grated onion and sufficient brown sauce or gravy to moisten, fill into the tomatoes, place each in an individual baking dish and cover the tops with buttered crumbs. Bake in a hot oven until the tomatoes are tender and browned.

Turkish Melon

Scoop out the interior pulp from two ripe cantaloupes and chop coarsely. Add powdered sugar to taste, a sprinkling of powdered cinnamon and grated nutmeg, the juice of two oranges and a small cupful of minced preserved ginger with the syrup. Let stand in the ice chest to thoroughly chill, turn into a preserve jar and bury in ice and rock salt for two hours. Do not leave longer, as it will freeze too hard, and serve in sherbet cups, topped with a mound of sweetened whipped cream and a candied cherry.

Cantaloupe Salad

Allow a quarter of a cantaloupe

for each service and be sure that it is thoroughly chilled. Cut in thin slices and remove the rind. When ready to make the salad, arrange the slices on crisp lettuce leaves in a circle with the edges overlapping each other and pour over the following dressing: Two tablespoonfuls of salad oil, one teaspoonful of lemon juice, a tiny pinch of grated nutmeg, half a teaspoonful of powdered sugar, one tablespoonful of grape juice and a few grains of salt and paprika. Garnish with a stuffed date in the center, filled with a salted nut meat.

Watermelon Rind Pickle

This recipe is equally good for muskmelons. Cut in slices, remove the green rind and the soft edible pulp (this may be used in other ways). Cut the slices into fancy shapes, as uniform in size as possible. To each quart of cold water add one-quarter of a cupful of salt, pour this over the prepared melon and let stand overnight. Drain,

Nothing Better Than Cold Meats
with Hot Fresh Vegetables and
Cold Salads in Summer Time

rinse in cold water and drain again. Weigh the melon and make a syrup of sugar equal to half the weight of the melon, a cup of vinegar and two cupfuls of water for each three pounds of sugar. Press a clove into each piece of melon and add three long sticks of cinnamon for each three pounds of melon. Cook the syrup for five minutes, then add the melon, a few pieces at a time, and cook until transparent. Drain out, pack in sterilized jars, cook down the syrup until quite thick and fill the jars to overflow. Seal as for canned fruit. A few blades of mace may also be added if desired.

Frozen Watermelon

Scoop out the edible pink pulp from a ripe watermelon with a large spoon, put in a freezer without a dasher, sprinkle with powdered sugar and for one pint of the pulp add the juice of one lemon, half a cupful of pineapple syrup and a cupful of minced maraschino cherries with the cordial (non-alcoholic). Pack in equal parts of ice and rock salt for two hours and stir well when the mixture begins to congeal. It should not be frozen solid, but rather like a soft sherbet.

Preserved Melon Rind

Cut the melon in quarters, remove the outside rind and cut the inner rind into small pieces. Cover the pieces of rind with cold water to which a little table salt has been added (a tablespoonful to a quart) and let stand overnight. In the morning drain and rinse repeatedly in cold water, then set to cook in boiling water. When tender and transparent, place to drain in a colander. Allow three-quarters of a pound of sugar, half an ounce of fresh ginger root and one large lemon for each pound of the prepared rind. Slice the lemons, discard the seeds; slice the ginger root and set each separately in boiling water to cook until tender. Make a syrup of the sugar and the water drained from the cooked ginger and lemons, skim, then add the melon rind and simmer until the melon looks plump. Drain out the rind, fill into sterilized jars and return any syrup drained from the melon to that in the preserve kettle. Add the slices of lemon and ginger, cook down until thick and pour over the melon. Fill the jars to overflowing and seal air-tight. Divide the ginger and lemon equally between the jars.

Lamb and Mint Sandwiches

Nothing tastes better on a hot day than a well-made sandwich, and it is a good idea to sometimes buy a small piece of stewing lamb or veal and cook it for this purpose. Simmer in water to which a slice of onion, three whole cloves, a few celery seeds and a bay leaf have been added, and let cool in the water in which it has cooked. To use in a good sandwich filling, mince enough of the meat to make one small cupful and add a scant teaspoonful of minced mint leaves, a quarter of a teaspoonful of grated onion, three tablespoonfuls of cream, a tablespoonful of chutney and sufficient mayonnaise or boiled dressing to form a paste. Spread buttered bread generously with the filling, sprinkle with salt and paprika and finish the sandwich with another slice of buttered bread.

Banana Cantaloupe

While this is not a strictly "all melon dessert," it makes such a delicious company dessert that I feel it must be included. Press two peeled bananas through a ricer and add the juice of half a small lemon, two tablespoonfuls of preserved ginger syrup, a few grains of salt, powdered sugar to taste, a light dusting of grated nutmeg and half a pint of chilled double cream whipped solid. Mould and freeze as a mousse and serve in halve cantaloupes.



Monday
BREAKFAST
Watermelon Cocktails
Browned Vegetable Hash
Whole Wheat Popovers
Coffee
LUNCHEON
Baked Tomatoes with Veal
Kidney Filling
Cantaloupe
DINNER
Chilled Chicken Bouillon
Creamed Sweetbreads with Mushrooms
Potato Puff
Green Peas
Tomato Jelly Salad
Turkish Melon

Tuesday
BREAKFAST
Puree of Fruit
Broiled Bacon Rolls
Grilled Tomatoes
Buttered Toast
Coffee
LUNCHEON
Pickled Lamb's Tongues
Potato Salad
Bread Rolls
Watermelon Cup
DINNER
Tomato and Green Pepper Canapes
Chicken Fricassée with Dumplings
Green Corn
Cantaloupe Salad
Loganberry Ice

Wednesday
BREAKFAST
Chilled Cantaloupe with Grape Juice
Molded Cereal
Waffles
Cinnamon and Sugar
Coffee
LUNCHEON
Calf's Liver Patties
Cress Sandwiches
Frozen Watermelon
DINNER
Jellied Tomato Bouillon
Escalloped Potatoes
String Beans
Watermelon Pickle
Macdoine Fruit Salad
Cheese Wafers

Thursday
BREAKFAST
Sliced Peaches
Cantaloupe Cocktails
Creamed Smoked Beef
Nut Bread Toast
Coffee
LUNCHEON
Jellied Fish Salad
Preserved Cantaloupe
DINNER
Cream of Corn Soup
Brown Curry of Chicken with Rice
Fried Eggplant
Lettuce Salad
Egg Dressing
Watermelon Sherbet

Friday
BREAKFAST
Cantaloupe Cocktails
Parsley Omelet
Coffee
LUNCHEON
Tomato Rarebit
Buttered Toast
Compote of Watermelon
DINNER
Clear Tomato Soup
Spiced Beets
Baked Stuffed Sea Bass
Parsley Potatoes
Cold Slaw
Banana Cantaloupe

Saturday
BREAKFAST
Casaba Melon
Fish Cakes, Chili Sauce
Rye Bread Sticks
Coffee
LUNCHEON
Lamb and Mint Sandwiches
Iced Chocolate Cup
Honey Dew Melon
DINNER
Breaded Veal Cutlet, Tomato Sauce
Creamed Potatoes
Romaine Salad
Casaba Rind Tarts

Sunday
BREAKFAST
Blackberries
Scrambled Eggs with Vegetables
Bran Gems
Coffee
LUNCHEON OR SUPPER
Veal Croquettes
Cream Sauce
Bread Sticks
Nut Charlotte in Casaba Melons
DINNER
Honey Dew Melon
Roast Forequarter of Lamb
Mint Jelly
Browned Potatoes
Peas and Carrots
Cucumber and Scallion Salad
Pineapple Sherbet

Futuristic Designs in Home Dyeing Attained by a Knot or a Bit of String

By CHARLES E. PELLEW,
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NOTHING indicates more quickly the untrained amateur than the size of his (or her) "palette"—for a dyer has a palette just as much as an artist. A real dyer will start off with the three primary colors—red, blue and yellow. Scarlet red, bright sky blue and canary yellow are pretty near the pure colors, and from these he will build up every conceivable shade. The greenhorn, wishing to dye a shade of olive green, for instance, or of henna, must hunt all over the town until he finds some particular dye which gives him that exact color.

The joy of dyeing lies in the ability to match colors and to evolve beautiful and attractive shades from the three primaries. It will soon be found that pretty soft shades can only be obtained where all three are present, even though one or even two are in very small proportions. Canary yellow, for instance, is harsh and raw. With the red it gives a hard shade of orange, but when it is softened with even a trace of blue it begins to change into old gold effects which are very much more pleasing.

It may be that our eyes are accustomed in nature to soft colors, made by combinations of all three primaries. If you take a bunch of roses, for instance, and try to match them on silk or cotton, you will find all three colors, red, blue and yellow, are needed. As a matter of fact we don't often meet pure colors in nature, and when we do, as in scarlet geraniums or sometimes the midday sky after rain in summer, we notice it as unusual and, as a rule, not attractive. Of course, too liberal use of the third color will re-

sult, as the dyer says, in "mud." But that is another story.

Plain Dyeing

The first thing the dyer must learn is how to do good plain dyeing, i. e., how to lay on his dyes evenly and smoothly so that on drying and ironing no irregularities are to be seen.

This is not particularly difficult with cotton, because the dyestuff has no great affinity for the goods and goes on slowly, with a marked tendency to build up on the lighter parts until all is colored alike. The most important thing is not to overcrowd the dye pot. There must be enough room for the goods to move around freely and to have free circulation of dyeing liquor. Dye rods should be freely used to turn and work the goods so that every part is well exposed.

Although the cotton dyes dissolve readily in hot water they should never be added to the bath in dry form, but always dissolved separately, in a cup or sauceman, with hot, even boiling, water. They should be then strained through wet cheesecloth or muslin on a wire strainer, or otherwise, before adding to the dye pot. The meanest of all mean fates to the dyer is, after doing a careful and, as he thinks, highly successful piece of work, to find on drying and pressing out, the presence of tiny spots of dark color, due to undissolved specks of dyestuff that have settled on the cloth.

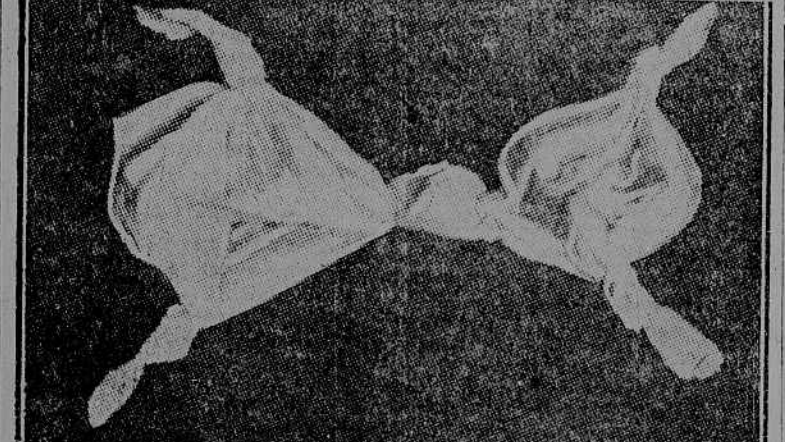
This is not so apt to occur with the cotton dyes as with some of the dyes used on silk, but it must be guarded against.

The goods must be thoroughly wet before dyeing, and if dirty or greasy, or if any special amount of dressing is in them, should be well washed in hot soapsuds before putting them into the dye bath.

Probably the best way is to put the wet goods into the dye bath

(hot water and dyestuff) and heat until it has boiled for ten or fifteen minutes. Then take it out, let it cool off a bit, and look it over carefully.

If it is uneven it will have to be put back, with more dyestuff if necessary and, perhaps a little soap, and boiled until it evens up.



These are not shadow animals to amuse the children, but examples of knotted and tied work, before and after dyeing



Photos from Dyes and Dyeing by Charles E. Pellew, by permission of the author

It is very rarely that boiling in this way, without the addition of salt, exhausts the bath much; in other words, most of the dyestuff is still in the water.

If the goods come out evenly, you must see if the shade is right, remembering always that cloth dries a great many shades lighter than it is when wet. So in matching one must always match "wet

additions, to dye more cloth, or else thrown away and the dyepot washed and hung up to dry. Keeping old dye liquors over from one day to another is an abomination, as, alas! I have more than once found out. Isn't my beautiful, big, tin, wash boiler, for which I paid much real money only last autumn, and which is but seldom in use, now a hideous wreck of rust and desolation?

ly turning the goods, will throw most, if not all, of the dye into the goods and, as well, make the color a little faster to washing. When this salt is added the goods should be boiled for fifteen or twenty minutes more before taking out, to avoid any unevenness.

Irregular Dyeing for Patterns

One of the rules of the game in handicraft of all sorts is that it is foolish to waste time and thought and energy in producing by hand something that can be done just as well, and infinitely cheaper, by machinery. And so, in dyeing, why go to the trouble and bother and expense of getting the cloth and the dyes and the dyepot and working and fussing over the hot stoves, simply to produce something you can buy by the yard at any department store?

Original effects, however, can be produced with a little care, in two or three different ways.

For instance, after dyeing your goods, say a pair of light muslin curtains, nice and even, why not make up another dye bath of a different color and, keeping the goods very wet, dip one end slowly into the hot dye liquor, thus changing, and probably deepening, the color. The success of this depends on blending the colors smoothly and evenly. If the cloth is the least dry there will be a sharp line, a sort of water mark, between the old and the new. In that case a much diluted bath of the second color, with a little soap in it, can be used to try to blend the two shades together.

Tied Work

Another method which gives not only shades but patterns and from which wonderfully pretty effects can be obtained with but little labor, is